

December 2010

Namaste Yoga Community:

Out of nowhere It appears—a sensation, feeling, an experience of Absolute Understanding. A Gift.

Like a series of cams aligning to open a locked safe: One, Two, Three and suddenly we see It.

Laying undisturbed, perfectly clear, as if It's been there our entire life. Just waiting. Patiently.

Instantly, we draw from the Gift a power, a strength we never thought we had. We begin to see things differently, to make changes. For this moment, we don't live by thought alone, nor is thought a cultural determination. We find there is room for freedom.

So this holiday season, as the traffic increases, the crowds begin to grow and the calendar fills-up, remember that the greatest Gifts in Life are free and waiting for us to find them.

Thank you,

Michael Ruccolo III
LYFE Yoga Center